

*Natural Family
Planning...*

*A method where
couples can come to
recognise fertility as a
beautiful and
wondrous gift,*

*Not something to
be controlled or
manipulated*

*But appreciated and
respected.*

NATURAL
FAMILY PLANNING
CENTRE
OF WATERLOO REGION

Staffed by a Registered Nurse

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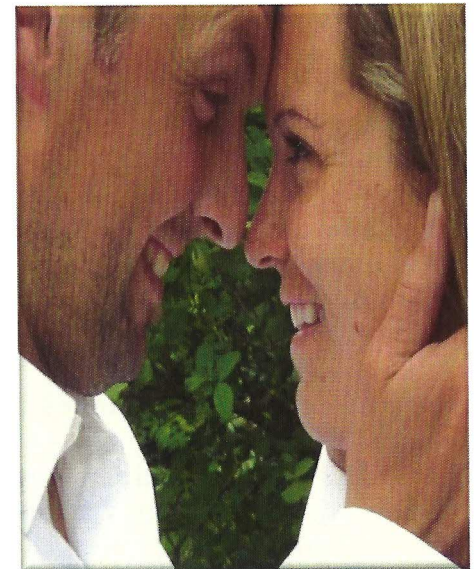
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*Connect With Us and See How
Natural Family Planning Can
Work For You!*

*Natural
Family
Planning*



*A Couple's
Method of Family
Planning*

NATURAL FAMILY PLANNING

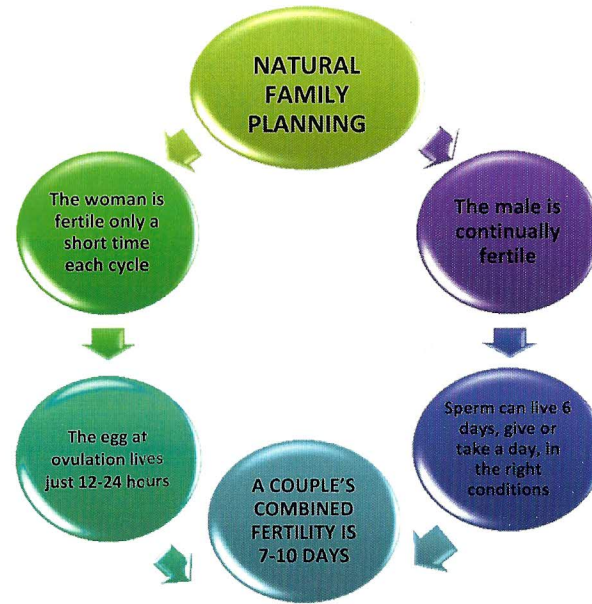
Natural Family Planning is just that: a natural way to work with your body's fertility cycle, to help you conceive a child or to avoid conception when, depending on your circumstances, you are unable to welcome a child at a particular time. It puts you in tune with your body's natural rhythms, allowing you to know with a high degree of accuracy when sexual intercourse will, and will not, result in pregnancy.

Natural Family Planning techniques vary in their particulars, but they're all based on understanding and interpreting the signs within the woman's fertility cycle. Together the couple listens to the woman's body by monitoring these signs. They may include:

- the patterns and consistency of vaginal secretions
- basal body temperature (temperature of the body at rest)
- pain and/or spotting
- changes in libido
- breast tenderness or swelling

These signs are subtle enough to go unnoticed by most people, but for couples who know what to look for, they're highly reliable windows into the body's inner state, allowing for a couple to influence the timing of conception without harmful drugs or artificial devices.

LOVE NATURALLY



SCIENTIFICALLY BASED AND SAFE, BUT HOW EFFECTIVE IS NATURAL FAMILY PLANNING (NFP)?

The effectiveness of the method depends on how accurately the couple learns to identify the fertile and infertile times and their motivation to follow the guidelines of the method.

Studies have shown NFP to be 98% effective at avoiding pregnancy when practised by motivated and properly instructed couples.

DID YOU KNOW...

- It takes approximately 72 days for sperm to fully develop and mature?
- A woman is born with all the eggs she will ever produce? (approximately 1-3 million)
- Several eggs begin to develop each cycle but in most cases only one egg reaches full maturity and is ovulated?
- Natural Family Planning does not disrupt the delicate balance of the female reproductive system?
- NFP can be used during all stages of reproductive life to plan or avoid pregnancy?
- Observation of fertility signs takes but a few minutes each day and quickly becomes part of one's daily routine?

NFP can nurture a couple's relationship by fostering cooperation, communication, commitment and mutual respect.

Couples who practise NFP have a divorce rate of less than 5%